

Diet-to-Go

Local Low-Fat Traditional Menu

WEEK 1			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Penne Pasta with Turkey Meat Sauce Carrot Coins Zucchini
	WEDNESDAY	Blueberry Pancakes Maple Syrup Turkey Sausage	Chicken Pizza Broccoli
	THURSDAY	Fruit Ambrosia Granola Bar	Turkey Chili Pasta Salad Primavera Corn Bread Muffin
	FRIDAY	Ratatouille Omelet Asparagus Spears	Baked Atlantic Salmon Stuffed Baked Potato Carrots, Pineapple Crisp
	SATURDAY	Omelet Pomodoro Sicilian Asparagus Cuts and Tips	Italian Chicken Cous Cous Pilaf Green Beans Focaccia Roll
P i c k u p 2	SUNDAY	Whole Wheat Bagel Cream Cheese Orange Juice	Cioppino Seafood Medley Roll, Cream Cheese & Chives Chocolate Pudding
	MONDAY	Blueberry Muffin Raspberry Preserves Yogurt, Orange Juice	Mexican Style Burrito Spanish Rice Refried Beans Fajita Veggies, Salsa
	TUESDAY	Greek Stuffed Mushroom Orange and Raisin Salad	Grilled Turkey Ham & Cheese Mushroom & Artichoke Salad Apricot Pudding
WEEK 2			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Herb Crusted Whitefish Creamy Polenta, Broccoli Sesame Breadsticks Lemon
	WEDNESDAY	Oat & Raisin Scone Orange Marmalade Orange Juice	Vegetable Ravioli with Ratatouille Chocolate Mousse
	THURSDAY	Scrambled Eggs Rancheros Whole Wheat Tortilla Chicken Chorizo Sausage	Mushroom Chicken Wild Rice Pilaf Italian Veggie Blend
	FRIDAY	Tomato Mushroom Omelet Brussel Sprout Medley	Orange Roughy Fish Israeli Cous Cous Mediterranean Veggies
	SATURDAY	Whole Wheat Bagel Cream Cheese Apple Juice	Tamale Pie Baked Potato Sour Cream & Chives Corn on the Cob
P i c k u p 2	SUNDAY	Fajita Omelet Mozzarella Chees Seasoned Artichokes	Baked Spaghetti Pie Cauliflower
	MONDAY	Mushroom Strata Chicken Sausage V8	Barbecue Chicken Anise Roasted Potatoes Baked Beans, Green Beans
	TUESDAY	Raisin Bran Muffin Strawberry Preserves Yogurt	Chicken Philly Sub Honey Mustard Mayo, American Cheese Peach Pudding

WEEK 3			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Turkey Picadillo Brown Rice Pilaf Apricot Glazed Asparagus
	WEDNESDAY	Corn Bread Muffin Orange Marmalade Cream Cheese Orange Juice	Macaroni & Cheese Carrot Coins and Broccoli
	THURSDAY	Asparagus and Swiss Frittata V8 Fusion	Thai Turkey Tenderloin Stir Fry Rice Green Bean Medley
	FRIDAY	Breakfast Pizza Apple Juice	Shrimp Fettucini Broccoli Honey Wheat Roll
	SATURDAY	Granola and Yogurt Apple Juice	Whitefish Parmesan Baby Carrots Whole Grain Roll
P i c k u p 2	SUNDAY	Eggs Florentine Chicken Sausage Asparagus Spears	Chicken Creole Brown Rice Whole Grain Roll
	MONDAY	Strawberry Banana Muffin Vanilla Cream Cheese Apple	Tomato Veggie Pie Cous Cous Cheese Wedge and Crackers
	TUESDAY	Apple Pancakes Turkey Sausage Maple Syrup	Thai Chicken & Mushroom Soup Coconut Mango Rice

WEEK 4			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Turkey Meatloaf Sweet Potatoes Green Beans
	WEDNESDAY	Cranapple Muffin Cran-Orange Cream Cheese Orange	Chicken Fajita Refried Beans Carrots, Salsa
	THURSDAY	Homemade Cinnamon Bar Orange Juice	Stir Fry Chicken Veggies, Brown Rice
	FRIDAY	Whole Wheat Monte Cristo Raspberry Maple Syrup Cirtus Yogurt Salad	Herbed Baked Atlantic Salmon Brown Rice and Veggies Carrot & Jicama Medley, Lemon
	SATURDAY	Waffles Peaches & Apples in Syrup	Chicken Parmesan Broccoli Florets Whole Grain Roll
P i c k u p 2	SUNDAY	Peachy Keen Muffin Apple Butter Cranberry Juice	Turkey Salisbury Steak Mashed Potatoes, Gravy Green Beans Sesame Breadsticks
	MONDAY	Cranberry Oat Scone Orange Marmalade Orange Juice	Chugwater Chili Sour Cream, Mozzarella Cornbread Biscuit
	TUESDAY	Greek-Style Burrito Chicken Sausage Fajita Veggies	Tomato Pesto Meltover Apple Cake

WEEK 5			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Curried Shrimp Basmati Rice Minted Peas
	WEDNESDAY	Whole Grain Pancakes Strawberry Maple Syrup Turkey Sausage	Chicken Brunswick Stew Corn & Lentil Loaf
	THURSDAY	Egg and Broccoli Pie Apple Juice	Blackened Turkey Carrot Chipotle Puree Asparagus Risotto Vegetable Blend
	FRIDAY	Whole Grain French Toast Mango Cranberry Syrup Orange Juice	Harissa Salmon Mandarin Orange Cous Cous Veggies
	SATURDAY	Egg Quesadilla Potato Cake Citrus Cup	Chicken Stroganoff Broccoli & Carrots with Toasted Almonds
P i c k u p 2	SUNDAY	Fruit and Granola Parfait Cornbread Muffin	Lobster and Veggie Ravioli Cardinal Sauce Mixed Veggies
	MONDAY	Mango Cranberry Muffin Orange Marmalade Yogurt Drink	Italian Meatball on Fettucini Pomodoro Sauce Veggie Blend
	TUESDAY	Noodle Kugel (Sweet Casserole) Applesauce Cranberry Juice	Chicken Alfredo Melt Roasted Veggie Salad Apple